



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35180, Steelhead trout, dried, flesh (Shoshone Bannock)

Report Date: July 16, 2017 06:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	6.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	382	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	1597	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein ¹	g	77.27	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	8.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash ¹	g	10.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	85	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	2.96	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	84	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	976	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K ¹	mg	1720	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	2850	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	1.79	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.217	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn ¹	mg	0.079	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se ¹	µg	105.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin B-12 ¹	µg	22.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin A, RAE	µg	64	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Retinol	µg	64	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	213	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) ¹	mg	2.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1	mg	0.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin D (D2 + D3)	µg	15.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D 1	IU	628	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.829	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.091	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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15:0 1	g	0.014	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 1	g	0.547	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.154	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.228	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated ¹	g	0.159	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated ¹	g	0.858	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 ¹	g	0.204	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	1.739	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated ¹	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) ¹	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c ¹	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated ¹	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated ¹	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) ¹	g	0.266	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) ¹	g	0.208	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) ¹	g	1.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol ¹	mg	227	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD